

Monthly Newsletter December 2010

newsletter archives

◆ Planning for the NASA 2011 OH Meeting Moves

Forward: We hope you are planning on attending the 2011 OH Meeting. It will be held on July 11-15, at the <u>Albuquerque Marriott</u>. As training and education dollars must be stretched further the annual OH meeting is a very cost effective means for obtaining continuing education for a variety of OH certifications. Speakers and topics are currently being arranged for the 2011 edition of the meeting. We welcome your suggestions.

◆ <u>HealthierYou</u> **Update:** Thank you for taking part in the online Influenza Vaccination Survey. In addition to the monthly

emails to update your Center data you will receive a final notice to complete your Center's Campaign status. The 2011 HealthierYou Calendar is tentatively due for arrival at the Centers on December 6. Register to attend the



launch of Healthy People (HP) 2020 on December 2, 2010 from 11:00 AM to 1:00 PM EST. We will discuss HP 2020, present an overview of the OPM's WellCheck Survey, and review NASA's implementation plan on December 9, at 11:00 AM EST, during our regularly scheduled ViTS/Webinar. On December 14, at 1:00 PM EST, Kurt Hobbs, Mayo Clinic Strategic Consultant, will discuss the 2010 Health Assessment data. Webinar information will follow closer to both dates.

◆ Dog Days at Dryden? Dr. Kathy Christian, Dryden's EAP clinician, has enlisted a canine's expertise to expand and enhance EAP services. Properly trained and certified Therapy Dogs can support morale and emotional well being in workplace environments. Meet Ella, an 8-month old Standard Poodle therapy dog in-training who, in her short time on the job, has already proven to be an asset to the Dryden workforce. From her first day at her new assignment, Ella was met with a warm welcome from all employees as word of her arrival spread fast. She only works three days a week, and on the days she isn't there, EAP staff are peppered with questions and concern about her absence. Employees have started requesting that their appointments be scheduled on the days she is at Dryden- even by those who are seen by the other EAP clinician, Monique Pierre-Louis. "Even though they might not get to see her, employees

want to know she is next door. Ella seems to have a really remarkable effect on them", said Monique. Follow Ella on her blog at nasa.gov under "center blogs" "DFRC" or catch her blog on govloop.com. Her Facebook page can be accessed under the name Ella therapy dog.



♦ EmbodyHealth Website: As part of the portal upgrade, which began in August 2010, users will be able to update their medical profiles such as their weight, emotional status, nutrition, and eventually other biometrics (BP, cholesterol numbers). If you recall, these data points were static for the entire year until the user was able to take the Health Assessment (HA) again. This is a particularly useful enhancement to the

web portal because as the individual's medical profile changes so does their health strengths and risks.

♦ EHRS Update: The work to transition to the Medgate GX environment is underway. The Base Tables from our Medgate 6.0 environment were copied into Medgate GX. We are working with our Medgate medical and IH application consultants on the configuration of the new tables in Medgate GX. These are primarily related to the table structure for users and security settings. The Medgate GX application is highly configurable and we have begun to work on cleaning up menus and making the application work in the NASA environment. The EHRS Project implementation schedule has been base-lined and the initial roll out for the Stennis Space Center staff is projected for February.

◆ NASA Health Physicist Passes First Part of

CHP Exam: Congratulations to NASA Glenn's Chris Blasio for passing the first part of the <u>American Board of Health</u> <u>Physics</u> (ABHP) Certified Health Physicist (CHP) exam. When Chris passes the second part of the exam he would be our first CIH/CHP across all of NASA. Way to go Chris!

◆ Part #2 of the IH Issues in Construction

Webinar: To help our EH community better support construction operations, protect employees, and help ensure compliance with applicable IH related standards OCHMO is in the midst of sponsoring a two part training event. The 2nd of a two part session will be held on Thursday December 2. ABIH has approved the sessions for a total of 0.58 CM points.

- ◆ December EAP ViTS: This quarter's EAP ViTS will feature a guest speaker, Ms. Melora Jackson, from the Mississippi Department of Mental Health Alzheimer's Division. Ms. Jackson will be talking to the group with an overview of Alzheimer's and dementia, challenges that caregivers face when caring for a loved one with Alzheimer's, dementia, or other cognitive impairment, and ways an EAP provider or OH Coordinator can assist employee caregivers and resources available. Please attend the presentation on December 2, at 11:00 AM EST if your schedule allows.
- ♦ NASA Buy Quiet Update: NASA Procurement has approved the revised configuration and content of the Buy-Quiet Roadmap. The Roadmap was developed by GRC in cooperation with OCHMO, and will be available again for official use as an EH tool by the end of the calendar year.
- **♦ NASA OH Center Review Calendar:**
- March 14-18, Stennis Space Center
- **◆** <u>Upcoming OH ViTS & Webinars:</u>
- EH ViTS December 1, 11:00-12:00 EST
- EAP ViTS December 2, 11:00-12:00 EST
- IH Issues in Construction December 2, 12:00-1:30 EST
- Health Promotion ViTS December 9, 11:00-12:00 EST
- Special Health Promotion ViTS December 14, 1:00- 2:00 EST
- EHRS Task Force Meeting December 16, 11:30-12:30 EST

NASA OH Newsletter is published by the NASA OH Support Office Send information, comments or questions to:

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